

Aug 2024- Yoga Schedule

Pre-Registration & Payment is REQUIRED for ALL classes via website or Fit by Wix App.

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
	July 29	30	31	Aug 1	2	3
♥-Stream Online Only ♣-Stream & On Location *-On Location Only	6-7pm- All Levels- Karen-♣	9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8 Breathwork Meditation Krissy ♣	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Becky*		9-10am-Yoga in the Park-Wendy 10-11am-All Level-Shana ♥
4	5	6	7	8	9	10
9-10:15am-Vinyasa Flow- Krissy*	6-7pm- All Levels- Karen-♣	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8 Breathwork Meditation Krissy ♣	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*		9-10am-Yoga in the Park-Denise 10-11am-All Level- Jill ♥
11	12	13	14	15	16	17
9-10:15am-Vinyasa Flow- Krissy*	6-7pm- All Levels- Krissy-♣	9:30-10:30am-All Level-Shana ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8 Breathwork Meditation Krissy ♣	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Shana ♥ 6-7:15pm-Slow Flow Krissy*		9-10am-Yoga in the Park-Karen 10-11am-All Level- Jill ♥
18	19	20	21	22	23	24
9-10:15am-Vinyasa Flow- Krissy*	6-7pm- All Levels- Karen-♣	9:30-10:30am-All Level-Karen ♥ 6-7:15pm-Slow Flow Krissy*	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Wendy ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8:30pm Rest & Restore with Karen		9-10am-Yoga in the Park-Lisa 10-11am-All Level- Jill ♥
25	26	27	28	29	30	31
9-10:15am-Vinyasa Flow- Krissy*	6-7pm- All Levels- Karen-♣	9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy*	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*		9-10am-Yoga in the Park-Lisa 10-11am-All Level- Jill ♥

Stream Online-Zoom Link will be emailed to you when you book the virtual class on the website
Kula: 107 N. Chestnut St. Bath, PA 18014 Suite 8- park in lot, on street or behind S. Seems Antique Store

Register on our Website- www.kulaheart yogaandwellness.com or Fit by Wix App. \$12 streamed online, \$20 in person
 Props if you have: yoga mat, block(s), strap, water
 Events and Class Series are not included in monthly subscriptions but may be discounted to members.
 Special Class included in subscription. Training listed under Classes person specific educational program.